

TRACKING ...

TOP STORY

Changes on tap for on-post phone users

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VETERANS



World War II heroes make an impression

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UP CLOSE



Program aims to put spouses at ease

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The Fort Jackson Leader



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Like a hurricane

Exercise prepares post for storm season

By CRYSTAL LEWIS BROWN
Leader Staff

As Steve Palmer waited inside the Joe E. Mann Center Friday, the concern on his face intensified.

A hurricane was coming, and he hadn't heard from his 19-year-old daughter who was attending a friend's graduation nearby. The roads were closed, and when Palmer, his wife and mother-in-law made it to a shelter a couple of hours later, he had grown only more worried.

"I thought she would be here by now, but she hasn't made it," said Palmer, who lost a family member the last time a hurricane hit.

"Really, not knowing is the bad part."

Palmer was one of several Red Cross volunteers and Soldiers "seeking" shelter on Fort Jackson last week as part of its emergency shelter exercise. And his was but one of a plethora of scenarios aimed at making sure the post is equipped to handle evacuees in the case of a hurricane or other emergency situation.

Friday's exercise was the second day of a two-day training in which 30 officers and noncommissioned officers participated. The first day consisted of classroom training, while the second day, trainees were on-hand to observe operations.

Jo An Miller, Red Cross senior station

manager, said the scenarios were intended to imitate how Soldiers and other employees would handle different issues in an emergency situation.

Miller observed the operations, which followed the Red Cross shelters' standard operating procedures, from start to finish.

Miller said that in addition to Palmer's scenario, Soldiers and Red Cross volunteers played several roles, including: People who left home with no money or identification, those with medical issues, and even 10-year-old boy (played by a Soldier) who was "dumped" at the shelter by his mother.

See SHELTER: Page 8

Never forgotten



From left, Geraldine Allen, Gold Star Wives, Brig. Gen. Bradley May, Fort Jackson commanding general, Corine Ervin, Gold Star Wives, and Command Sgt. Maj. Brian Stall, Fort Jackson command sergeant major place a wreath in front of Post Headquarters Monday in observance of Memorial Day.

Photo by DELAWESE FULTON

Resiliency key to Soldier well-being

One of our most challenging campaign plan objectives is accomplishing the mitigation of persistent conflict.

Under this campaign plan goal, we list a number of objectives, or means, that deal with managing stress and other mental health related topics.

Although our campaign objectives zoom in on drill sergeant well-being, behavioral health and suicide prevention, the Warrior Transition Unit, Pre- and post-deployment support, and deployment and religious counseling, it would be not be possible to discuss any single one of these objectives without making mention how important Soldier resiliency has become.

It's just common sense to realize that if we can develop, implement, learn and practice the methods for building resiliency, we will be in a much stronger position to cope, solve problems, eliminate stress and deal with personal crises, as well as ease some of the stress that inherently comes with the job of day-to-day Soldiering.

Needless to say, resiliency fitness has become a goal across the Army. We continue to work towards building all the dimensions of the Soldier, to include the physical, emotional, social, spiritual and family elements.

We must ensure that our Soldiers are complete and that they are as conditioned mentally as they are physi-

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



cally, if we are going to advance the fight against the disconcerting number of suicides and other tragedies that stem from surrendering to mental pressure, pain and suffering. But before we can totally embrace this mission, we need to shake this nasty albatross, the *stigma*, that continues to intrude in our psyche and imperil our success.

Given the nature of this war and the impact of IED attacks, Soldiers who develop PTSD should be viewed as having a mind injury that requires treatment. Seeking help for a mind injury should be viewed the same as seeking treatment for any other injury that requires healing.

These views have been recently reinforced and CC'd down the chain by the Army vice chief of staff, who

tersely noted that we must work together to develop our leaders to eliminate this stigma because it represents one of the greatest barriers to individuals accessing care and improving overall performance and well being.

If we are going to tap into our behavioral health resources effectively, then the route must be free of obstacles.

The Army vice chief terms it "vital" that we take advantage of all of our resources and create a positive command climate that permits and encourages Soldiers to use the available mental health resources while simultaneously expecting performance from the Soldiers.

In no way should a Soldier be singled out in front of his or her peers or become segregated in any way, shape or form. This totally undermines the Army team concept and is extremely detrimental to morale across the board.

Again, this is the polar opposite of our purpose. Our leaders need to understand this, and they also need to ensure that Soldiers seeking help be treated with the same dignity that is consistent with our Army values.

So, let's take this hill so that we can take the next one, and the one after that. We can, and we will, build resiliency, and we will do this as a team — the way the Army always completes a mission.

Army Strong!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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Administrative separation; body fat; summer golf classes

Is there still an appointment system in use if I need to update my Common Access Card?

Yes, the appointment system to update your CAC is still in service. Making an appointment will reduce your wait time. For appointments, call the identification card section in the Strom Thurmond Building at 751-7673.

I'm a dependant child over the age of 21 and enrolled in college. What documents do I need to update my military identification card?

You need a letter from your school registrar office verifying full time student status, date of enrollment and expected graduation date. Two forms of unexpired identification are required, and the sponsor must present or sign a DD Form 1172, Application for Uniformed Services Identification Card DEERS Enrollment before services are provided. Please contact the ID Cards office at 751-7731 for more information.

Is it true that Walt Disney World and Universal Studios Orlando offer free and discounted tickets to the military?

Walt Disney World offers a free five-day ticket and Universal Studios a free seven day ticket to active, retired and activated members of all branches of service. Up to

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



five companion tickets can be purchased to Walt Disney World for \$96 at Victory Travel. An unlimited amount of companion tickets to Universal Studios can be purchased for \$89.

For more details about these offers, visit Victory Travel, located inside the Solomon Center, or call 751-5812.

GARRISON FACT OF THE WEEK

Victory Travel carries discounted tickets to most attractions, including Carowinds, Six Flags, Disney World, Universal Studios and SeaWorld. Victory Travel personnel can also book flights, Amtrak passage and plan your next cruise or vacation destination. For more information, visit Victory Travel, located inside the Solomon Center, or call 751-5812.

LEADER DEADLINES

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the June 11 *Leader* should be submitted by today.
- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 11 *Leader* should be submitted by June 4.

Post '4-feits' dialing shortcut

By **SUSANNE KAPPLER**
Leader Staff

Fort Jackson telephone users will experience a change in the way they dial numbers to on-post phone lines this summer, officials from the Directorate of Information Management said.

According to Kathy Hayes, DOIM service management division chief, Fort Jackson has almost exhausted its supply of phone numbers starting with "751." DOIM officials have requested a batch of new phone numbers, which will be used for new phone lines only. The new phone numbers will start with the digits "562."

"The biggest change is that users will be dialing seven digits for on-post calls," Hayes said.

Currently, on-post users dial "4" followed by the four-digit phone number to make calls within Fort Jackson. Because there will be more than one prefix in place on post, users will soon be required to dial the entire number. For example, instead of dialing 4-1234, the user will have to dial 751-1234.

Hayes said that no time has been set for when those changes will take effect, but expects it to happen this summer.

Ben Hammond, DOIM site manager for telephone services, said that users would get a grace period, during which both, five-digit dialing and seven-digit dialing, will be possible.

"We'd like to keep both for a short period of time," he said.

Hammond and Hayes emphasized that current phone numbers will not be changed. The new phone numbers will be used for newly established phone lines only.

"We're not going to see a lot of new numbers right away," Hayes said.

She predicted that the first influx of new numbers is most likely after the completion of the new Armed Forces Chaplaincy Center and the Consolidated Drill Sergeant School.

The new phone lines will also have a new DSN prefix, 859, Hayes said.

"Ideally — in a perfect world — we would want to assign the new numbers to new units that will come in," Hayes said. "But that's not going to happen."

She added that any unit or activity on Fort Jackson that adds new lines will be given a number with a new prefix once the current batch of numbers is exhausted.

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CAMPAIGN PLAN FOCUS

Telephone services are recognized in the Fort Jackson campaign plan as an important aspect of support and sustainability, one of the campaign plan's three lines of operation.



Photo by *DELAWESE FULTON*

Vivian and Jerry Quenga, natives of Guam, enjoy the Asian Pacific American Heritage luncheon at the NCO Club last week.

Luncheon celebrates Asian-Pacific heritage

By **DELAWESE FULTON**
Leader Staff

Jerry and Vivian Quenga were among the over 200 people who attended the annual Asian Pacific American Heritage luncheon at Fort Jackson last week.

With the Quengas, Soldiers, civilians and families filled an NCO Club banquet room May 20 to celebrate and honor their heritage.

Four months ago, the Quengas visited their native Guam for the first time in 20 years. The luncheon was nostalgic.

"Back when we used to live on the island, we lived in wooden houses. Now, there are mostly all-brick, concrete homes," said Jerry Quenga, a retired Soldier with 22 years of service.

This year's luncheon was the first that Quenga attended. In years past, he had to work and was not able to attend.

"Now that I am retired and working a part-time job, I'll never miss it again," he said. "That's how great it [is]."

His wife, Vivian, attended a similar event at Shaw Air Force Base in Sumter last year. "There was a lot of entertainment, and everybody (each Asian Pacific group) served their own food," Vivian Quenga said.

The Fort Jackson luncheon included a buffet featuring egg rolls, Hawaiian chicken, and pork adobo, and it showcased Filipino and American Samoa dance groups.

Jerry Quenga said the luncheon, as other area events, brings the Islanders together. "[The events] and seeing other Islanders draw deep emotion like that for a longtime, lost friend," he said.

The Fort Jackson luncheon's guest speaker and American Samoan civil activist Aumua Amata shared sentiments similar to those of Jerry Quenga. In her address, Amata stressed the importance of community among her people and in the military.

"So, today we take time to celebrate our Asian Pacific heritage and reflect upon what it means. As we honor those who blazed the trails before us, let me ask you to dedicate yourselves to expanding the legacy both within the service and in your private lives beyond," Amata said.

The Quengas are looking forward to next year's luncheon.

"It's the togetherness. When the Islanders get together, it shows how family-oriented we are. The feeling, I can't express."

Delawese.Fulton@us.army.mil

USACHS supports community



Photo by *STEVEN HOOVER, USACHS*

Sgt. 1st Class James Tucker, equal opportunity NCO at the U.S. Army Chaplain Center and School, delivers some of the 135 pounds of food and clothing items donated by USACHS personnel Friday. The items were donated during a drive supporting Harvest Hope Food Bank.

TFM inducts NCOs at Charleston site

Task Force Marshall

On May 15, 13 Task Force Marshall junior noncommissioned officers were inducted into the NCO Corps at historic Fort Moultrie in Charleston.

This event was in support of the Chief of Staff of the Army's designation of 2009 as "The Year Of The NCO."

The ceremony began with the posting of the colors and a brief history of Fort Moultrie — including stories about prominent NCOs who impacted the fort's history such as Sgt. Maj. Edgar Allan Poe, a noted novelist and poet, or Revolutionary War hero Sgt. William Jasper, who secured the fallen colors from outside the fort while under heavy enemy fire.

The ceremony continued with the reading of the history of the NCO Corps, followed by the origins of the NCO Creed. Three Task Force Marshall NCOs, Staff Sgt. Sabrina Caldwell, Staff Sgt. Rolando Ortiz, and Sgt. 1st Class Richard Long, recited the verses of the NCO Creed from three distinct locations within Fort Moultrie.

Each inductee and his sponsor marched forward under the arches of NCO swords. The inductees repeated the Charge of the NCO, which formally solidified their standing as noncommissioned officers.

"It was a great ceremony, I've never seen anything like this before, the historic significance in a historic setting was outstanding," said Sgt. 1st Class Jacob Holmes, Company B, Task Force Marshall.

The guest speaker for the ceremony was Sgt. Maj. Tony Propes from the 2nd Basic Combat Training Group, 4th Brigade, 75th Division, also a former first sergeant with the Drill Sergeant School.

"I was in awe. This was my first induction ceremony and I will never forget the experience. This is how we should always induct our NCOs," Propes said.

After his speech, Propes was presented with a 15-star flag that was flown over Fort Moultrie, as well as a TFM NCO Day coin.

"The goal was to not only provide a memorable and honorable ceremony to promote and celebrate our NCO traditions, but also to commemorate our customs, history and camaraderie," said Task Force Marshall Command Sgt. Maj. Daniel Hagan.



Photo courtesy PATRICK GANNON

Task Force Marshall Command Sgt. Maj. Daniel Hagan reads the Charge of the NCO to newly inducted NCOs during a recent ceremony at Charleston's historic Fort Moultrie.

John Gough, assistant project manager for the Cubic-Omega Training Group, also a retired master sergeant, was impressed by the ceremony

"I was touched," Gough said. "The ceremony took us back to the days of the Revolutionary and Civil War and focused on NCOs' roles then and now, and how we continue to carry on the honors and lineage of the Noncommissioned Officers Corps."

The final commemoration came when Hagan and Propes presented the newly inducted NCOs with a South Carolina State Governor's Proclamation designating May 15 as "Army Noncommissioned Officers Day."

In addition, the inductees received a personal letter from Gov. Mark Sanford congratulating each inductee and wishing them all the best in their future endeavors.

Part of the letter reads: "Noncommissioned officers are the backbone of the Army. They live, implement and teach the NCO creed to further instill and develop the skills that are vital to the brave Soldiers who are willing to risk their lives in defense of the freedom we cherish."

"By earning the title of noncommissioned officer, they set a great example of the importance of living a life of honor, duty and sacrifice, and we are grateful for their dedication to the Army, and our country."

Inducted were: Staff Sgt. Fred Brock, Sgt. Dwain Cadell, Staff Sgt. Michael Costello, Staff Sgt. Gregory Fulmore, Staff Sgt. Sean Hendrix, Staff Sgt. Justin McCarthy, Sgt. Johnathon Nauta, Staff Sgt. Donnie Nicholson, Sgt. James Potter, Staff Sgt. Dennis Price, Staff Sgt. John Reed, Staff Sgt. Aaron Reynolds, and Staff Sgt. Jonathan Scruggs.

DoD promotes World No Tobacco Day Sunday

By **ANDRE BELL**
ucanquit2.org

FALLS CHURCH, VA. — The nation celebrated Memorial Day Monday, a day set aside to honor the men and women who gave their lives in service to their country.

Living freedom to the fullest by reducing unnecessary health risks is one way to honor the memories of those who have died.

Tobacco use is one of those unnecessary risks. This year, for the first time, DoD is endorsing the observance of World No Tobacco Day by encouraging military personnel to participate.

The effort is part of DoD's multiyear tobacco cessation campaign, "Quit Tobacco — Make Everyone Proud." The World Health Organization-sponsored event will be Sunday.

"Freedom from tobacco addiction is not a sacrifice; it's a way to live our lives to

honor those who gave us our freedom," said Capt. David Arday, a physician and U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee. "This is a great opportunity for servicemen and women to connect to others on their installation, across the country and around the globe in a worldwide event to take a public stand and make a personal commitment in the fight against tobacco."

Health promotions staff members at installations are encouraging their patients and clients to sign the online pledge at <http://www.ucanquit2.org/facts/WNTD/> and accept the challenge to live tobacco free.

Free promotional and informational items are available to order or download online to help stage events. Also available are specially designed e-cards visitors can send to encourage friends and family to give up tobacco. Military personnel also can use the e-card to announce their intention to quit.

The campaign headquarters at <http://www.ucanquit2.org> offers the latest high-tech ways to connect with others on the road to becoming tobacco free. The site has launched a Twitter page at <http://www.twitter.com/ucanquit2>, and anyone who signs up can follow the site's activities and news, including tobacco and other related health information.

Visitors can take advantage of other social networking opportunities, such as being a friend at MySpace, tuning in to the videos and making comments at the YouTube page and becoming a fan of the campaign's Facebook page. On Facebook, there's a new feature that allows users to announce to others they have quit and to congratulate friends and family who've make the commitment to quit tobacco.

For those who want their own private area to concentrate on tobacco cessation, the campaign Web site offers users "My Quit

Space," where they can create a customized quit plan and calendar. Blogging options include starting a private blog or publishing it for others to read and make comments.

The site has gone mobile, which is perfect for the enlisted community. Users can point their mobile browsers to <http://wap.ucanquit2.org>, the new mobile ucanquit2 Web site, to find cessation programs across America to help them quit tobacco and access important tobacco cessation news.

Getting support from others is an important weapon in winning the battle against tobacco, which is recognized as an obstacle to optimal readiness and performance for the armed services.

"Committing to participate in World No Tobacco Day on May 31, is a one-day test run for what could be the beginning of a tobacco-free lifestyle for servicemen and women," Arday said.

Housing Happenings

❑ Remember to get your DA surveys completed and dropped off to enter to win one of many great prizes, including a chance at winning a 42" flat screen LCD/HD TV! The earlier you return your survey the more chances you have to win! Drawings are conducted every Friday at 3 p.m. at the Balfour Beatty Community Management Office.

❑ Are you planning to *Upgrade Your Castle*? Upgrades are done on a first come, first serve basis so make your appointment today. Call Krystal at 738-8275.

❑ Don't forget to consult your resident guide for an update on housing policies. Particular areas of interest this summer are: Trailers, boats, toys in yard, litter control and playgrounds.

❑ LifeWorks events are always free and open to all residents. To register or for more information, contact Courtney at 803-738-8275 or cowilliams@bbcgrp.com. Join the LifeWorks e-mail list and stay informed. Send your contact information to Courtney today.

❑ To date, 48 units have been demolished (since April 23). The concrete slabs and drainage systems are being installed in the GO/SO area. Building pads and plumbing is going in for the CC and concrete should be poured next week. Site work has started in the CGO area.

❑ Area beautification is being done by Multi Family Landscaping. Its primary focus is cleaning the wooded path near PT7, general clean-up to include bush trimming, pruning trees and adding mulch were needed. This is expected to be completed by June 30 unless additional work is requested.

❑ Valley Crest will no longer be responsible for landscaping in the housing areas after Sunday. Bids are still being reviewed and a new landscaping contractor will be on board Monday. There will be no disruption in service.

❑ Remember that you can earn extra money by referring a friend. Resident referrals can yield big payouts. For more information, visit the Community Management Office at 5939 Thomas Court.

❑ There has been a great deal of vandalism in the housing areas, especially with playground equipment. Please report vandalism to the MP station by dialing 751-3115.

❑ **MAYORS NEEDED:** The Mayoral Council is looking for volunteers to serve as mayor and vice mayor for the Fort Jackson housing community. There are currently vacancies for mayors in PT 2, PT 4, and Howie Village. Vice mayors vacancies exist in all housing areas. Being a part of the council allows you to be a voice for the community and bring ideas and suggestions to improve the quality of life while residing on Fort Jackson. Anyone interested in becoming a mayor or vice mayor should contact Vickie Grier at 751-7567. Make a difference. Represent your community by becoming a mayor or vice mayor today.



Photo by STAFF SGT. CHRISTINE RYNEARSON, 207th RSG

Col. Richard Sheider, director of the 310th Personnel Group, addresses Soldiers and family members during a pre-deployment briefing.

310th readies for coming deployment

By STAFF SGT. W. WATSON MARTIN
AND ISMAEL MEDINA
310th Personnel Group

More than 100 Soldiers and family members received the information they needed to be best prepared for an upcoming deployment at a pre-deployment briefing and exposition last month at an Army Reserve center here.

Members of the 310th Personnel Group of the 207th Regional Support Group enjoyed a slide show provided by their own Master Sgt. Steven Boos, who made a recent site visit of Camp Arifjan, Kuwait. Many of the pictures were intended to show camp Family and Morale, Welfare and Recreation centers, food courts, post exchanges and even a spa and a pool.

"All of our teams are ready to provide human resource assistance to the CENTCOM area of operation in south-west Asia," said Boos, the postal division NCOIC.

Pre-deployment briefings were provided by the finance office, American Red Cross, Exceptional Family Member Program, DEERS, VA, Military OneSource and military life consultants.

"The pre-deployment expo is a tool for commanders to get their Soldiers and families ready for deployment," said Deborah Welch, an assistant station manager at Fort Jackson Red Cross. The agency verifies emergency information, which it passes along to commanders who must grant emergency leave for deployed Soldiers.

Shelter exercise prepares post for hurricane season

Continued from Page 1

NEW CENTER A ONE-STOP SHOP

Using scenarios like Palmer's contributed to the success of the exercise, said Patricia Guillory, Army Community Service mobilization and deployment program manager. The Directorate of Family and Morale, Welfare and Recreation was responsible for operating the Family Assistance Center — a new addition to this year's shelter operations.

"This is the most real one we've ever had," she said, contributing its realistic nature to the fact that neither she, nor the participating FAC agencies, had prior knowledge of the scenarios they would be facing. "I think it was good that they used outside volunteers to test our knowledge."

She added, "Today we found out every kink that would cause us not to be successful."

The Family Assistance Center, or FAC, is a central meeting place for those seeking shelter or other help in the event of the emergency. In addition to assigning people to shelters, representatives from various on-post agencies were on hand to provide assistance.

"The FAC is a one-stop shop for anybody in an emergency," said Guillory. "We are the hub — the nerve — for the operation. Everyone comes here to get what they need."

Veterinary services, the ID card section, chaplain, Red Cross, Army Emergency Relief, MEDDAC, legal and social work services were among those set up to help those in need. Tables with children's books, information and referral, crisis intervention information and shelter registration were also set up.

In the event of an actual emergency, Guillory said, the garrison would decide whether it was necessary to initiate the shelters. Once FMWR gets that call, she said, the FAC and shelter must be up and running within three hours.

Although it was an exercise, Guillory said the FAC was set up as though it was actually operating. The center had working phone and internet lines, and was even able to make an actual military ID for a volunteer portraying someone who misplaced theirs.

"It will eliminate a lot of headaches for the families,"

FORT JACKSON SHELTERS

Fort Jackson's Crisis Management Plan lists nine possible on-post shelter locations. Below are those shelters and their maximum capacities.

1. Any out of cycle battalion/company (1400)
2. The Floyd Spence USAR Center (100)
3. Coleman Gym (100)
4. Solomon Center (150).
5. Youth Services Center (100)
6. Pierce Terrace Elementary (150)
7. Pinckney Elementary (150)
8. Pinckney Annex (150)
9. Vanguard Gym (100)

she said.

John Coynor, force protection officer, said the main purpose of the FAC is to be a central location for any evacuees to meet.

"We don't want people to go (straight) to the shelters," he said. "They come here (and) we have all of the subject matter experts here to help them with whatever they need."

In a real emergency, those seeking shelter would come to the FAC (set up at the Joe E. Mann Center) to register. The first stop is information and referral, where ACS employees speak with those seeking shelter and refer them to the appropriate agency for help, if needed. After signing up for shelter, the person would then be directed to his or her designated shelter.

"We take care of all their needs here," Coynor said.

SEEKING SHELTER

The Floyd Spence Reserve Center, located at the northern end of Jackson Boulevard, has been converted into a shelter.

Posters line the walls to inform the center's temporary

residents of each day's schedule. A table, manned by a Soldier with the Soldier Support Institute, sits right inside the doorway.

After those seeking shelter drop off their paperwork, the Soldier asks whether there are any medical needs that should be addressed. A medic is on-hand to screen those coming into the shelter before they are whisked to their rooms.

There are separate rooms for men, women, senior citizens and families. Although not set up Friday, another room will serve as a nursery, where cots sit next to desks that mark where cribs would be set up. Assigned to each room is a Soldier responsible for monitoring it.

Down the hallway, an open room is the designated kitchen, where the meals will be served, with a corner set aside for televisions and video games.

Capt. Michelle Bridegroom, shelter officer-in-charge, said instituting the FAC makes things easier for evacuees when they make it to the shelter.

"That is a huge improvement," she said. "They're really taking care of a lot of things. In a disaster, there are so many issues you just have to think outside the box."

Despite using the Red Cross SOP, Coynor stressed that it is not a Red Cross shelter.

"This is a Fort Jackson shelter," he said. Even so, he said, it is not only for use by Soldiers and their families.

"We're not going to turn anybody away. Fort Jackson does not turn away anyone seeking help."

Though Coynor said there were a few kinks during the exercise, he thought it went well.

"Believe me, if you don't find problems at an exercise, you're wasting your time," he said.

The purpose of the exercise is to find and address any issues, he added.

"I'm confident if we had to do this next week, it would be great," he said.

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Editor's note: For more information on hurricane preparedness see next week's Leader.

Retiring from service



Photo by KAREN SOULE, Public Affairs Officer

From left: First Sgt. Robert Howard, Lt. Col. Maria Bentinck, Sgt. 1st Class Clarence Bryant, Varina Bradberry, Sgt. 1st Class Angela Lindsey and Staff Sgt. Maxwell Gibbons were honored yesterday in a Retirement Review in front of Post Headquarters.

42 years of service



Photo by KAREN SOULE, Public Affairs Officer

Varina Bradberry receives the Meritorious Civilian Service Award from Brig. Gen. Bradley May, Fort Jackson commanding general, during a ceremony yesterday. Bradberry, who worked with the Directorate of Resource Management, retired after 42 years of civil service.



Hopkins: Managing stress is key

Rank, name
Sgt. Maj. Demetrius Hopkins

Unit
HHC, Training Support Battalion

Military Occupational Specialty / Job title
42A, human resources specialist / proponent sergeant major

Years in service
24 years

Family
Three sons

Highest education
Master of Business Administration

Hobbies
Professional readings, weight training, running, boxing, weapon marksmanship, fishing, hunting

• • •

In his 24 years in the Army, Sgt. Maj. Demetrius Hopkins has been deployed to Iraq twice.

He has been stationed at Fort Jackson, Fort Bragg, N.C., Fairbanks, Alaska, Fort Carson, Colo., Fort Lewis, Wash., Wiesbaden, Germany, Kitzingen, Germany, Fort Benning, Ga. and Fort Bliss, Texas.

Hopkins said the feedback he receives from his former Soldiers is rewarding.

“Receiving phone calls and emails from Soldiers I have led from years past who continue to seek my advice or convey their appreciation for my assistance in their professional growth is the most rewarding experience,” he said.

What he remembers most throughout his career is two-fold.



Photo by CRYSTAL LEWIS BROWN

Sgt. Maj. Demetrius Hopkins urges Soldiers not to let the stress of work or deployments overwhelm them.

NCO spotlight

“The most memorable experiences are the attacks of Sept. 11 and the actions I processed for several fallen comrades during Operation Enduring Freedom while assigned to the 75th Ranger Regiment.”

He said his father “is and has been my best adviser throughout my entire career in the military.”

Hopkins’ future goals:

“Develop and deliver the best quality of human resource professionals to our Army from a strategic level perspective. Groom intelligent, caring, adaptable, and innovative NCOs to maintain our status

as the best NCOs in the world.”

His advice for junior enlisted:

“My current concern is with the rise of suicides in our force. Do not become so consumed in work that you neglect your family which in turn may create stress. Be a stellar Soldier, spouse, and parent. Realize stress is inevitable but always manageable.”

He added, “There are always people (chaplains, leaders, friends, parents and children) available to talk to when stress may seem overwhelming.

“Think about your obligations to your country, organization (Army values), and family before you contemplate a selfish and senseless act of suicide.”

We salute you!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

LEADER DEADLINES

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☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 11 *Leader* should be submitted by June 4.

Tuskegee Airmen broke color barriers

At Armed Forces Day, I met a living legend and an outstanding veteran who lives in the community, retired 1st Lt. Leroy Bowman, one of the original Tuskegee Airmen. He is a native of Sumter.

After attending public schools in Sumter and Hampton Institute (now Hampton University), he decided to go to the Columbia Airport to take the examination for pilot's training. After nine months of waiting for the results, he decided to enlist in the Army. He was inducted into the Army at Fort Jackson. Later, he served at Fort Bragg, N.C., and Fort Eustis, Va.

Bowman was assigned to the 76th Coast Artillery, and his unit ended up in California headed for the South Pacific. After Bowman had been on the ship four days, his commander ordered him off the ship after discovering Bowman had taken the pilot's exam.

In May 1942, he was transferred to the Army Air Corps at Tuskegee, to participate in a "military experiment" to train black pilots. The program was an experiment that some thought would prove that black men did not have the skill, intelligence, courage, mental and physical dexterity, or patriotism to fly airplanes.

At Tuskegee, Bowman trained on the PT-17, BT-13

VETTING VETERANS

By **TERESA SANDERSON**

Leader correspondent



and the AT-6. Fueled with a love for flying and a determination to prove a misguided perception wrong, Bowman graduated as a second lieutenant March 25, 1943.

Later, Bowman was assigned to the 332nd Fighter Group and joined it in Italy in 1944, where he completed numerous bomber escort, strafing and dive-bombing missions. He flew the P-40, P-47, and the P-51 aircraft. He was awarded the Air Medal with four clusters.

Bowman returned to Sumter after the war and attended Morris College. He was later recalled to military service and served his country until retirement. After retirement from the military, he attended Hofstra University in

Hempstead, N.Y., earning a master's degree in elementary education. He continued to work for the New York school system until 1986 when he retired and returned to Sumter.

On Feb. 12, 2006, Bowman was among the 72 original Tuskegee Airmen awarded honorary doctorates by Tuskegee University.

In March 2007, Bowman and his fellow Tuskegee Airmen went to the U.S. Capitol where they were presented the Congressional Gold Medal. The Tuskegee Airmen's Congressional Gold Medal is housed at the Smithsonian.

Bowman was one of the men who passed the test, proved the experiment wrong, changed the mindset of a nation and paved the way for generations to come.

He is married to Mildred Watson, and they have three children, one of whom is retired Army Maj. General Bowman.

His advice to today's youth: "You can do it. Don't give up-keep pushing for the goal you set for yourself."

Editor's note: *Vetting Veterans* is an occasional column written by Army spouse Teresa Sanderson. Sanderson will profile various veterans throughout the Midlands area. E-mail comments to FJleader@conus.army.mil.

Watson's aviation career spans decades, the globe

By **TERESA SANDERSON**

Leader Correspondent

On July 4, 1927, a 10-year-old Spann Watson gazed into the sky above Teterboro (N.J.) Airport and recognized the "Spirit of St. Louis" — the famous plane piloted by his idol Charles A. Lindbergh.

That moment became Watson's inspiration to become a pilot.

Later that year, Watson's mother sent him to buy a stamp. On the way home, he studied every line and detail of the picture on the stamp — the "Spirit of St. Louis" — so he was certain of the plane's identity. He started shouting, "That's the Spirit of St. Louis."

A man selling tickets laughed at him and told him a "little colored boy" would not know that. Watson replied, "That hurt my feelings, and that hurt my soul. I'll get even with you somehow."

This became the catalyst for one of the most inspiring careers in aviation.

Watson was born in Johnston in 1916. His education began at age four in a one-room schoolhouse in Red Hill and continued at Simpkins School, Reedy Branch School and Hackensack High School. Later, at Howard University, he studied mechanical engineering and began his aviation training, which continued at Tuskegee Institute in Alabama. In 1941, he joined the U.S. Army Air Corps as a part of the Tuskegee Airmen "experiment."

Soon, he became one of the original members of the famed 99th Fighter Squadron. On July 8, 1943, Watson was one of eight pilots who successfully fought the German Luftwaffe, making him one of the first black pilots to fight in combat. Watson flew the P-40, P-47 and

Midlands chapter links local Tuskegee Airmen

The Spann Watson Chapter of Tuskegee Airmen, Inc. is located in Columbia. It was named in honor of retired Lt. Col. Spann Watson, one of the original Tuskegee Airmen.

Another original Tuskegee Airman, retired 1st Lt. Leroy Bowman is an active member in the chapter. The group was chartered in February 2000 to preserve and promote the history of the black fighter pilot's accomplishments during World War II.

One of the main goals of the chapter is to promote and preserve the history of African-Americans who participated in aircrew, ground crew, and other operations that supported the Army Air Corps during World War II.

In addition, another objective is to motivate and provide support to young men and women toward outstanding achievements and leadership for careers in fields



Photos by SUSANNE KAPPLER

From left: Retired Lt. Col. Spann Watson and retired 1st Lt. Leroy Bowman, pictured here at Fort Jackson's Armed Forces Day observance earlier this month, are among the original Tuskegee Airmen living in the Midlands.

of aviation and aerospace science.

Members of the Spann Watson Chapter

interact with schools, JROTC programs, Civil Air Patrol, youth organizations, veterans and the Celebrate Freedom Foundation to encourage young men and women to prepare for careers in engineering, science, math and aerospace. Each year, the chapter accepts scholarship applications from seniors in the local community for submission to the Tuskegee Airmen Scholarship Foundation.

Membership in the Spann Watson Chapter is open to those of outstanding character who are interested in upholding and promoting the objectives of the organization.

The chapter meets the first Thursday of each month at 7 p.m. at Midlands Technical College Center of Excellence for Technology, Northeast Campus Conference Room.

Contact Willie Lenard at (803) 206-0912 for further details.

P-51 Mustang. He continued to fly missions in North Africa, Sicily, Italy and southern Europe. In 1944 and 1945, he was assigned to Walterboro Army Airfield in South Carolina to train replacement combat pilots preparing to join the 99th Fighter Squadron and the 332nd Fighter Group.

With the bombing of Hiroshima and Nagasaki, the war in the Pacific came to a quick end. Watson, then a colonel, continued to serve until his retirement.

After retirement, like many other black aviators, Spann Watson found it difficult landing a job as a civilian pilot. Having promised his son he would never sell his house in Westbury, N.Y., and facing a fi-

nancial crisis, he drove to Washington, to the office of Sen. Robert Kennedy and told him he needed a job. Kennedy walked him down the hall to the Federal Aviation Administration and told management to "find Mr. Watson a job." Watson spent the next 27 years with the FAA breaking down barriers and helping end racial segregation in the military forces.

Watson has received many awards, including The C. Alfred Anderson Award by the National Black Coalition of Federal Aviation Employees, The Elder Statesman of Aviation Award, National Aeronautics Association, The Brig. Gen. Noel F. Parrish Award by the Tuskegee Airmen, Inc., The Presidential Citation Award, The Le-

gion of Merit Award, Exceptional Service Award for Equal Opportunity Employment (recognizing 51 years of service to his country), and 40 awards from the FAA.

Watson was also among those Tuskegee Airmen awarded an honorary doctorate from Tuskegee University, and was presented with the Congressional Gold Medal.

Watson's advice for today's youth: "Listen to your parents, get a good education, and don't let crime and narcotics take you over."

• • •

Retired Air Force Maj. William McClary Jr. contributed to this article.

Spouses ‘at ease’ with grassroots group

By **SUSANNE KAPPLER**
Leader Staff

Military spouses generally have to be able to adapt to new situations every few years, often leaving careers, friends and family behind at the last duty station. For women whose husband’s new assignment is as a drill sergeant, the adjustment can be especially difficult.

“There’s not a lot of community, because husbands — or spouses in general — are gone more often than they are at a regular post,” said Tiffany Moss, mother of five and wife of a drill sergeant.

Moss has been on Fort Jackson since October and initially had a hard time coming to terms with her new environment.

“I kind of was in a funk for a while — real bad,” Moss said. “I didn’t want to do anything for a while.”

But instead of suffering quietly, Moss decided to host dinners at her house to get to know other women who were in the same situation.

“One morning, I was in the parking lot of the preschool, and a woman walked up to me and said, ‘Are you Tiffany ...? Can I bring some of my friends to your dinner?’” Moss said. “And I realized very quickly that it was much bigger than what I could handle in my house.”

Moss contacted the Installation Chaplain’s Office, which was able to help out by providing facilities and offering child care.

In February, the first meeting of the “At Ease” group — Attending to Every Army Spouse Exclusively — took place.

Moss admits that the group initially was meant to be a support group for drill sergeant spouses, but soon it became evident that the need for fellowship stretched beyond that specific demographic.



Photo by TINA BRIDGEWATER, At Ease

Spouses sign in before the first meeting of the At Ease group in February. The theme of the evening was “Pajamas and Pedicures.”

“We have found since starting the group, it doesn’t really matter what your husband looks like,” Moss said. “All the wives feel the same here.”

The first meeting was attended by almost 50 women, and since then, the group’s roster has doubled.

Amy Scarpulla, Moss’ neighbor and also a drill sergeant’s spouse, has been involved with the program from the beginning.

“I felt that there was a need to help the wives and spouses come out and see, ‘Hey, you’re not alone,’” Scarpulla said. “There are other people out there going through the same thing that you’re going through.”

Moss said she knew that the meetings had to fulfill three requirements to be successful: Child care had to be available; the

meetings had to be free; and there had to be food.

“It doesn’t need to be a Bible study, because there’s a group doing that. It doesn’t need to be a spouses’ club, because somebody’s already doing that,” Moss said. “We need something that gets these women out of their houses so they can find out about everything else.”

Scarpulla added that a relaxed environment is important to the success of At Ease.

“You don’t have to worry about, ‘Am I behaving correctly?’ You don’t have to worry about who wants to be next to you,” Scarpulla said. “It doesn’t matter. We’re all the same.”

Moss said that the informal atmosphere attracts spouses to the meetings that are reluctant to participate in other on-post

groups.

“Somebody told me that we are able to reach the unreachable with this group,” Moss said. “Women who would not necessarily go to some things come to (At Ease).”

However, Scarpulla and Moss hope that through their involvement in At Ease, spouses will be encouraged to participate in other community groups as well.

Scarpulla is also involved in her battalion’s family readiness group and in the Fort Jackson Spouses Club. She said the different organizations have different things to offer and encourages spouses to be involved in as many organizations as possible.

“If your unit does not have an FRG, start one,” Scarpulla said. “Look what we did. Anything’s possible at Fort Jackson.”

Susanne.Kappler1@us.army.mil

Editor’s note: The next meeting for At Ease is scheduled tomorrow, 6-8 p.m. at the Main Post Chapel. The theme of the event is “Homefront Heroes spouse tribute.” Cheryl Stall will share some of her experiences as a military spouse. Dinner will be served and child care is free. For more information, call 708-2869/0656 or e-mail at_ease_jackson@yahoo.com.

CAMPAIGN PLAN FOCUS

Programs for military spouses are recognized in the Fort Jackson campaign plan as a major objective (6.6 on the strategy map). Family life and religious education programs are recognized as an important aspect of quality of life, one of the campaign plan’s three lines of operation.

81st RSC Yellow Ribbon workshop gets a tint of purple

By SGT. 1ST CLASS MARK BELL
81st Regional Support Command

LAKE BUENA VISTA, Fla. — A recent Army Reserve Yellow Ribbon Reintegration workshop held here had a little extra tint of joint service in the mix.

As nearly 700 Soldiers and family members moved in and out of seminars and workshops, one Air Force family attending the event went virtually unnoticed as combat veterans gathered at a Florida resort to learn about tools available for families to succeed after a deployment overseas.

Air Force Tech. Sgt. Paulette Pea said she didn't look at it as an Army, Air Force or Navy thing, because she was "purple."

"Purple" refers to joint activities concerning two or more military services. Combining the colors of the dress uniforms of all branches would result in a purple uniform.

Pea recently spent her deployment supporting joint-service operations in Iraq, and said it was an Army non-commissioned officer, Staff Sgt. Ngyen Lu, who gave her the tip about the Army Reserve's Yellow Ribbon program.

"I'm glad he did, because this is a phenomenal program," she said about the 81st RSC event. "It was great weekend, because the information I got here, I would have never known about if it wasn't for Lu."

Pea said it also was good to be around Soldiers for the weekend and learn about their shared experiences and situations upon returning to their families and friends.

"We all have something in common here," she said. "We were apart from our family, children and friends, and the staff here gave us all the tools to help us become a stronger family."

While deployed, Pea lost six fellow unit members and said the mental health information provided during the workshop was extra valuable, not only for herself, but for her family as well.

"When I came back my son came and said it to me, 'Mom you are not the same as you were before you left,' I knew then, if my son could see it, I needed to change, because they are my heart and life," she



Photos by SGT. 1ST CLASS MARK BELL, 81ST RSC

Air Force Master Sgt. Titus Pea and his wife, Air Force Tech Sgt. Paulette Pea, listen to 81st Regional Support Command staff chaplains talk about the importance of communication skills after deployments. The Pea family, with their two children, attended a recent Army Reserve Yellow Ribbon Reintegration Workshop held near Orlando.

said.

Paulette's husband, Air Force Master Sgt. Titus Pea, said the Yellow Ribbon program is something long-needed for all branches of the service — no matter where their branch of service takes them.

"I'm just glad that a program like this is being put on for those who are redeploying and reuniting with their families — especially, if it's just to help the family," he said.

The Pea family said the 81st RSC chaplain gave excellent advice, and they took full advantage of being in the resort area.

The three-day Pea adventure included visiting nearby Downtown Disney and Disney Quest and hours of playing Guitar Hero with other military youth at the resort.

"You need to get back together and get in the mix of being a family," a chaplain told the group.

From skateboarding to creating virtual roller coasters, Samuel Pea, 13, said he

has enjoyed the weekend with his brother, Justus, 12, and parents.

"I designed a virtual rollercoaster and almost got mom sick," Samuel said laughing about the 3D computer-simulated motion ride. "Now, I'm ready to go back and play some more Guitar Hero."

Samuel and Justus both said they look forward to their next adventure and hope their parents participate in another upcoming Yellow Ribbon workshop.

After all the seminars, networking with fellow veterans, and talking to chaplains and other experts were finished for the day, Paulette and Titus Pea said this weekend was about the entire family.

"This is all about spending time with our sons and learning to be a family again," she said while rubbing her son's head in a playful manner.

Titus Pea said what's important to remember is that there have been a lot of changes going on within different family members.

"For those who stayed behind and for

those who deployed, our family learned we just need to gel together," he said.

Titus Pea said the military family bond is very important and both parents and children shouldn't go through the deployment cycle alone.

"There are others going through the exact same situations," Titus Pea said about families being separated during deployments.

He said Soldiers and others attending the workshop should not only take the information for them, but share their Yellow Ribbon experiences with others who have deployed overseas.

"We should be taking care of our own," he said about helping other service members. "There are going to be people out there who don't know about this program who really need the resources and information."

Paulette Pea said her family was in a unique situation because both she and Titus deployed at the same time.

"In our 15 years of marriage, this is the first time it has ever happened," she said looking at her husband Titus. "We did a lot of talking with our boys, but prayer got us through it."

Both parents said the most important thing they could do for their children is let them know what is going on and be honest about the situation.

"One thing I learned from this deployment is there has to be constant communication —not only with the children, but with the people taking care of the children," she said.

Both parents agreed the military child is the future of America, and that should be cherished. "They are our future," she said.

Paulette Pea said it doesn't matter what branch of service America's heroes call home — it truly is one fight.

"But, it takes a team to win this fight, and if it wasn't for my Army NCO telling me about this program," she said. "I wouldn't have known about all the incredible resources available to my family."

She added, "We always try to make a memorable moment for us as a family," "This weekend will be one of those moments that we will never forget."

Mark.E.Bell@us.army.mil

ICE system simplifies customer feedback

The DoD Interactive Customer Evaluation system continues to shape the future of customer service. Since the beginning of fiscal year 2009, Fort Jackson has received more than 20,000 ICE responses with a current customer satisfaction rating of 95 percent.

ICE's interactive Web site allows customers to submit immediate feedback to facility managers about their products and services. With just the click of a mouse, the system sends comments, suggestions, complaints or compliments directly to the appropriate service provider manager for review.

When customers provide a phone number or e-mail address and request a response, the manager will contact them directly. Those desiring to remain anonymous may do so, and the customer's IP address cannot be traced.

All that is needed is an Internet browser to access the automated ICE system from any computer, any time and any place.

To access the system, community members can log on to <http://ice.disa.mil/>, click on Army CONUS, then click on Fort Jackson. This will take them to a list of service categories. After selecting the appropriate category from the list, customers have several options.

CUSTOMER SERVICE CORNER

By VERONICA PATRICK
Community FIRST Coordinator

Click on the info icon to see service provider information such as hours of operation, phone numbers and upcoming events. Click on the report icon to see information regarding that service provider's current satisfaction rating. Click on the service provider link to access the electronic customer comment card and submit comments. The system can also be accessed from the Fort Jackson Home page at <http://www.jackson.army.mil/>.

Scroll down and click the ICE logo. Those without computer access can get hard copies of the yellow or white comment cards in numerous service provider locations across the installation. Simply fill it out and drop it in any ICE box.

ICE kiosks are also located at the entrance of the Strom Thurmond building and the Solomon Center.

Service provider managers use the feedback to continuously review, improve and

provide the highest quality service possible. The system automatically calculates customer service ratings each week and reports trend data as well.

These reports are provided to the garrison command, hospital and dental commanders and other directorate/organizational supervisors responsible for each service provider area.

ICE is sponsored by the Office of the Secretary of Defense Quality Management Office and is administered by Fort Jackson Customer Management Services.

The primary purpose of the ICE system is to improve customer service, give the leadership timely information about service quality, and to improve the speed, quality, and quantity of feedback from customers.

Customer input can target areas such as health, housing, recreation, personnel services, shopping, administration, dining, communications, safety and security, travel and transportation. ICE provides another avenue for customers to voice their opinion on what they like, what they dislike, and how to suggest improvements to facility managers.

Questions or comments concerning ICE should be directed to the ICE site administrator for Fort Jackson at 751-3425 or 751-4926.

Issues that cannot be resolved with the

ICE system may be submitted through the Community FIRST quarterly process.

ICE APPRECIATION

The garrison congratulates the Directorate of Plans, Training, Mobilization and Security, specifically Operations and Range Control. Over a 12-week period, it achieved a 4.89 and a 4.42 rating, respectively, out of a possible 5.0 in Employee/Staff Attitude. This is an outstanding performance in Customer Service!

To view the status of all Community FIRST issues or to submit a new issue, visit the Customer Management Services Web site at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

Click on the "Submit an Issue or Recommendation" link or click on the Community FIRST/AFAP logo to submit an issue.

Whether it affects individuals and constituent groups here at Fort Jackson or throughout the Army, feedback is important.

Saluting this cycle's BCT honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Kevin Sartor
Company B
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Lisa Pfannschmidt

SOLDIER OF THE CYCLE
Pfc. Fiorella Venturino-Matthei

HIGH BRM
Pvt. Vance Norum

HIGH APFT SCORE
Spc. Mary Beth Milius



Staff Sgt. Jacob Ruble
Company C
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Michael Bolgrin

SOLDIER OF THE CYCLE
Pvt. Brittany Barfield

HIGH BRM
Pfc. Dustin Hawkins

HIGH APFT SCORE
Pvt. Jessica Smith



Staff Sgt. Matthew Shepard
Company E
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Neal Schubert

SOLDIER OF THE CYCLE
Pvt. Nellie Porter

HIGH BRM
Spc. Nickolas Walker

HIGH APFT SCORE
Pvt. Mason Davis



Staff Sgt. Toby Samsal
Company F
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Seth Evans

SOLDIER OF THE CYCLE
Spc. Abigail Pasinski

HIGH BRM
Pvt. Nicholas Provost

HIGH APFT SCORE
Pfc. Melissa Serda

CPAC CORNER

Financial and legal obligations

Federal employees are required to meet their financial obligations in a proper and timely manner. Failure to do so reflects adversely on them, the Army, and the government. It is also considered improper conduct. Failure to honor valid debts or legal obligations may result in disciplinary action.

Employees should be counseled when complaints of indebtedness are received, especially when there are repeated instances or it impacts on the employee's ability to perform his or her duties.

The Army does not take any part of an employee's salary to pay private debts except to enforce certain legal and financial obligations to the federal government or to make child support or alimony payments. Court-ordered wage garnishments, received by supervisors or the Civilian Personnel Advisory Center, must be referred to the Judge Advocate's Office.

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- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 11 *Leader* should be submitted by June 4.
- ☐ Send submissions to FLeader@conus.army.mil.

SUPPORT AWARDS OF THE CYCLE

TRAINING SUPPORT AWARD
Master Sgt. Jody Schroeder



Army Community Service

June calendar of events

Monday, June 1

Play group 10-11:45 a.m., 5614 Hood St., Room 8

Tuesday, June 2

RACC meeting 10-11 a.m., Strom Thurmond Building, Room 213

La Leche breastfeeding support group 10-11:30 p.m., 5615 Hood St., Room 8

Wednesday, June 3

Checkbook maintenance 9-11 a.m., Education Center, Room B302

Newcomer’s orientation/re-entry briefing 9-11:30 a.m., Post Conference Room

Play group 10-11:45 a.m., Splash park at Patriot Park

Thursday, June 4

AER commander’s referral training 9-10:30 a.m., Education Center Room B303

Sponsorship training 1-2 p.m., Strom Thurmond Building, Room 213

Monday, June 8

Play group 10-11:45 a.m., 5614 Hood St., Room 8

vFRG training 9-11 a.m., Palmetto Lodge conference room

Tuesday, June 9

WorkKeys assessment 9 a.m. to noon, Strom Thurmond Building, Room 222 (\$30 assessment fee)

Baby Basics 10 a.m. to noon, Joe E. Mann Center

EFMP outing 5 p.m., EdVenture (\$1 per person)

Wednesday, June 10

Pay yourself first — TSP/Savings 8:30-10:30 a.m., Education Center, Room B302

Employment readiness program orientation 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Play group — story time 9:30-11:30 a.m., Library, 1431 Assembly St.

Army Family Covenant resigning and volunteer recognition reception 10 a.m., Solomon Center

Resume writing for beginners 1-3:30 p.m., Strom Thurmond Building, Room 222

Phase II LEVY briefing 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, June 11

Personal financial readiness 9-11 a.m., Education Center, Room B302

Careers in real estate Noon to 1 p.m., Strom Thurmond Building, Room 222, free lunch

Monday, June 15

EFMP outing 10 a.m., Marionette Theatre, 401 Laurel St. (\$4; free for children younger than 4)

Tuesday, June 16

Connecting people to jobs (class conducted in Spanish) 9-10 a.m., Strom Thurmond Building, Room 222. Este entrenamiento esta disenado para personas latinas y les ayuda a desarrollar habilidades laborales para que puedan buscar, encontrar y mantener un empleo en los Estados Unidos. Para registrarse, llama a Barbara Martin, al 751-4862/5452. En espanol, llame a Ivan Segura al 606-1164.

Wednesday, June 17

Financial readiness for first termers 8:30 a.m. to 4:30 p.m., Education Center, Room B302

Information Exchange Council meeting 9 a.m., Post Conference Room

Play group — Father’s Day Pot Luck 5615 Hood St., Room 8

Thursday, June 18

Financial/relocation initial PCS class 9-10:30 a.m. Education Center, Room B302

Positive parenting 101 2-4 p.m., Joe E. Mann Center

Hearts apart 6-8 p.m., call 751-5256 for location

Monday, June 22

Play group 10-11:45 a.m., 5614 Hood St., Room 8

FRG leadership training 9 a.m. to 4 p.m., Palmetto Lodge conference room

Tuesday, June 23

FRG leadership training 9 a.m. to 4 p.m., Palmetto Lodge conference room

Wednesday, June 24

Play group — picnic 10 a.m. to noon, Findlay Park, bring lunch

Employment readiness program orientation 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Resume writing for beginners 1-3:30 p.m., Strom Thurmond Building, Room 222

Phase II LEVY briefing 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, June 25

Ice cream social — career training 1-2 p.m., Strom Thurmond Building, Room 222

Monday, June 29

Play group 10-11:45 a.m., 5614 Hood St., Room 8

Pre-deployment Battlemind training (spouses) 9-10 a.m., Education Center

Post-deployment Battlemind training (spouses) 11 a.m. to noon, Education Center

Tuesday, June 30

Starting and running a small business 9 a.m. to noon, Strom Thurmond Building, Room 222

Managing children under stress 10 a.m. to 3:30 p.m., 5615 Hood St., Room 8

Steps to federal employment 12:30-3 p.m., Strom Thurmond Building, Room 222

EFMP bowling 3:30-5:30 p.m., Century Lanes (\$1 per game)

For more information or to register for classes, call 751-5256 or 751-6325.
This information is published the last week of each month in *The Fort Jackson Leader*.

HAPPENINGS

Calendar

Tomorrow

A.T. E.A.S.E.

Homefront Heroes spouse tribute
6-8 p.m., Main Post Chapel
Dinner will be served. Free child care.
For information call 708-2869, 708-0656
or e-mail at_ease_jackson@yahoo.com.

Wacky Tacky Golf Tournament

1st flight - 5 p.m., 2nd flight - 7:30 p.m.
Officers' Club
Team building exercise for Soldiers, family members, DA civilians, retirees and their guests.

Saturday

Bicycle Rodeo

9 a.m.-1 p.m., Youth Services Center
Bike registration and inspection, helmet fittings and safety check, confidence course, games and more.

Wednesday

AUSA membership luncheon

11:30 a.m., Officers' Club
Contact SbButler@bellsouth.net for information.

Sergeants Major Association meeting

3 p.m., Post Conference Room
Open to all active and retired command sergeants major, sergeants major and promotable master sergeants and first sergeants.

Saturday, June 6

Gospel concert

1-4 p.m., Darby Field
Acts include: Troy Sneed, On 1 Accord Ministries and the Daniel Circle Chapel music ministry. Bring lawn chairs and blankets. (If inclement weather, the Solomon Center.) Call 447-1291 for information.

Wednesday, June 10

Violence in the Workplace training

9-10 a.m. or 1-2 p.m.
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

Friday, June 19

MACH NCO Induction Ceremony

3:30 p.m., NCO Club
Speaker: Command Sgt. Maj. Brian Stall
Commanders and command sergeants major RSVP at Eric.Mason@amedd.army.mil.

Announcements

BCT MUSEUM CLOSED

The U.S. Army Basic Combat Training Museum (formerly the Fort Jackson Museum) is closed for renovation. Renovations include new restrooms, increase in gallery space and a new collection facility. Check the *Leader* for monthly updates. Call 751-6579/7419 information.

MILITARY SALES HOURS

Operating hours for the Military Clothing and Sales Store are Monday-Friday, 9 a.m. to 7 p.m. and Saturday-Sunday, 10 a.m. to 4 p.m.

MYRTLE BEACH MILITARY APPRECIATION DAYS

The Myrtle Beach Military Appreciation Days are scheduled today-Saturday. The 5K run/walk is scheduled Saturday, May 30. Registration is free for active duty military and \$20 for veterans and civilians.

Race day registration and packet pickup 6:30-7:45 a.m., Crabtree gym, 1004 Meyers Ave. Race times are 8 a.m., wheelchair 5K and 8:30 a.m., 5K run/walk.

Call (843) 918-1191 for more information.

PAIO OFFICE RELOCATION

Plans, Analysis and Integration Office (PAIO) and Customer Management Services has moved. The new address is 4356 Hardee St.

CIF CLOSURE

The Central Issue Facility, including classification, will be closed June 15-19 for inventory and will reopen June 22. Personnel who planned to clear that week need to do prior to inventory.

ROAD CLOSURE

Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb's Pond Road until Aug. 16 while the bridge is being replaced.

LATINA STYLE MAGAZINE AWARD

Submissions for the 2009 LATINA Style Magazine distinguished service award are being accepted until June 15. Military service members and DoD civilian employees. For information, contact the installation EO Staff office at 751-2990 or e-mail

Janeen.Simmons@conus.army.mil.

NOMAR AWARD

The National Organization for Mexican American Rights is accepting submissions for its Meritorious Service Award until June 15. Military service members and DoD civilian employees. Contact 751-2990 or e-mail Janeen.Simmons@conus.army.mil for information.

Housing events

Tomorrow

Breakfast on the go

7:30 p.m., Corner of Chesnut and Carter.
Stop by for a free breakfast.

Ice cream social

3-4 p.m., drawing at 4 p.m.

Wednesday

“Do more in four” scrapbooking day

Scrapbook those family memories.

Pack a pick-up food drive

8 a.m.-noon, 2-4 p.m., management office
Receive a Chick-fil-A coupon for donating.

Friday, June 15

National Candy Day

9 a.m., Strollers are welcome.

Every Tuesday

Walking club

9 a.m., Strollers are welcome.

Every Thursday

Kids Day

10 a.m., Themed activities for children younger than school age.

YARD OF THE MONTH

Balfour Beatty is looking for the next yard of the month. Winners receive recognition in the *Leader*, the community newsletter, the BBC Web site, a yard of the month sign, a certificate and a \$50 American Express gift card.

Help choose the next winner by calling in a great looking yard to 738-8275 or e-mailing CoWilliams@bbcgrp.com.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call Courtney Williams at 738-8275.

Leader deadlines

Community submissions to the *Leader* should be typed and no more than 45 words. **Announcements must be submitted one week prior to the event.**

The *Leader* reserves the right to edit announcements. To submit an announcement, e-mail it to FJLeader@conus.army.mil.

Pets of the Week



Photos by OITHIP PICKERT

Two 7-week-old kittens, various colors, are looking for a home. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Sports shorts

☐ Letters of intent for summer basketball are due tomorrow. The summer basketball league is for active duty personnel only. A coach's meeting is TBA. For more information, call 751-3096.

☐ The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The race will begin at Patton Stadium Gate on Kershaw and participants will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

Public Notices

The U.S. Army Garrison, Fort Jackson is surveying the public to determine if there is sufficient community interest to warrant the establishment of an Installation Restoration Board (RAB).

The purpose of the RAB is to promote community involvement by giving the public the opportunity to review progress regularly and participate in dialogue with the decision makers regarding Fort Jackson's environmental restoration process.

The RAB will consist of Army and South Carolina Department of Health and Environmental Control (DHEC) representatives as well as members of the local community. The RAB will be co-chaired by an Army and a community representative.

The community co-chairperson will be selected by the community members of the RAB. The RAB will meet on a regularly scheduled basis, and the meetings will be open to the public.

If, as a result of this public notice, it is determined that there is sufficient community interest, a RAB will be organized.

Interested RAB participants should be willing to devote ample time to review Army documents within prescribed time frames.

To put your name on the list of interested people or for more information on participating in the RAB, the point of contact at Fort Jackson is Mr. Lahiri Estaba at 803-751-73321 or 803-751-5011.

Have you received ASAP training?

By **SANDRA BARNES**
Army Substance Abuse Program

The mission of the Fort Jackson Army Substance Abuse Program is to support combat readiness of the Fort Jackson community of Soldiers, family members and civilians through awareness, training, education and drug testing.

Our programs are designed to strengthen the overall fitness and effectiveness of the Fort Jackson community. Our prevention and education programs on substance abuse provide current and updated information on substance- abuse prevention to all Soldiers and civilians in the Fort Jackson military community.

The purpose of the prevention education program is to deter illicit substance abuse through education. Prevention education provides Soldiers and civilian employees with the knowledge about legal and illegal drugs and the consequences of their abuse. Classes are conducted on alcohol, cocaine, club drugs, and other emerging drug trends.

In accordance with AR 600-85, commanders should ensure all Soldiers receive a minimum of four hours of alcohol and other drug awareness training per year. Once a com-

mander is certified, the Unit Prevention Leader, with help from the ASAP staff, the UPL certification training program CD and the Army Center for Substance Abuse Program Web site should be able to provide or schedule the unit's alcohol or other drug awareness training.

With prior coordination, the prevention coordinator can provide some of the required training.

Civilian supervisors should ensure all civilian employees receive a minimum of two hours of alcohol and other drug awareness training per year. Civilian employees are able to complete the alcohol and other drug awareness training online.

Supervisors and civilian employees unable to complete the training online should contact the prevention coordinator for training.

The ASAP also provides Alcohol and other Drug Abuse Prevention Training, also called ADAPT.

ADAPT is a 12-hour course of instruction, which focuses on the adverse effects and consequences of alcohol and other drug abuse. ADAPT training will be permitted or required for the following military personnel:

— Those referred and screened but not enrolled in the ASAP treatment program.

These personnel generally have been identified as first-time abusers and do not require treatment.

— Those referred, screened, and enrolled in the treatment program. ADAPT may be included as part of individualized treatment plans.

— Those referred directly by the unit commander for reasons related to poor performance, safety violations, high-risk behaviors, and disciplinary problems.

— Those who volunteer to take the course with the permission of the unit commander.

Training will be permitted for civilian personnel and family members on a space available basis.

The education and training for all members of the military community is a vital element of a comprehensive community prevention plan.

The ASAP is a long-standing and time proven personnel readiness program which will continue to be vital to the Army's drug and alcohol program.

Editor's note: *The source for this article was the Army Center for Substance Abuse . For more information on training for Soldiers and civilians or the Army Center for Substance Abuse. Visit www.jackson.army.mil/directorates.asa for civilian training.*

ASAP calendar

❑ The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. The Army Substance Abuse Program maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use. The staff of the ASAP is available to give presentations on alcohol and drug abuse upon request. For more information, call 751-5007.

The ASAP staff will continue to provide:

❑ Up-to-date information on drug and alcohol trends affecting the Fort Jackson community.

❑ Training materials and resources for commanders and UPLs to utilize in training and educating the unit about alcohol and other drugs

❑ A resource for drug and alcohol information

❑ Alcohol and other drug abuse prevention products to military communities.

HEALTH

PTSD symptoms, treatment examined

By **JAMES W. CARTWRIGHT**,
*U.S. Army Center for Health Promotion
and Preventive Medicine*

After a deployment, Soldiers become part of an elite group of men and women who generally share a great sense of pride and honor in having served their country. Although the experience may have been difficult, it fosters a new self-respect.

For some, it nurtured a meaningful and positive emotional growth. For most Soldiers, homecoming is a time to recover and reconnect with friends and loved ones. Many Soldiers readjust with very few difficulties. Unfortunately, for a few Soldiers, homecoming is the beginning of long, nightmarish journey to recovery and readjustment.

Exposure to combat and the atrocities of war can impair the strongest and toughest of Soldiers. Research shows that exposure to combat, violence and other atrocities increases the risk for developing post-traumatic stress disorder, or PTSD.

Soldiers suffering from PTSD have problems shutting down the responses conditioned by the traumatic events of their deployments. Trauma experiences can also include sexual assault and sexual harassment by service members.

There are specific criteria for determining if a Soldier is suffering from PTSD. Generally, the symptoms of PTSD include the following: The traumatic event is re-experienced; things that remind the Soldier of the event are avoided and reactions are numbed; and the Soldier is keyed up much of the time.

In addition, PTSD sufferers have difficulty regulating their moods. This could include angry feelings that can lead to impulsive behaviors such as verbal abuse and threats, or even physically violent acts.

Because their brains are now wired with a short fuse, Soldiers with PTSD can be vulnerable to having conflicts with others. Since moods are difficult to regulate, anger can escalate.

Soldiers succumbing to anger can unwittingly perpetrate emotional and physical harm to their girlfriends, boyfriends, spouses and children. In this manner, loved ones can become the victims of deployments too.

Uncontrolled anger can cause Soldiers to destroy meaningful relationships and lose health and productivity.

PTSD SIGNS AND SYMPTOMS

Signs and symptoms of post-traumatic stress disorder can begin within one month of a traumatic event. In a small number of cases, PTSD symptoms may not occur until years after the event. Symptoms of PTSD include:

- ☐ Unwanted thoughts, images, memories or nightmares about an event
- ☐ Acting or feeling that the event is happening again (for example, flashbacks)
- ☐ Shame or guilt
- ☐ Intense distress or stress reaction in the face of reminders of the event (for example, a car backfiring)
- ☐ Trying to avoid thoughts, feelings, conversations, activities, people or places associated with the event
- ☐ Trouble remembering things about the event

- ☐ Feeling emotionally numb
- ☐ Feeling disconnected or distant from other people
- ☐ Trouble sleeping
- ☐ Feeling irritable/angry most of the time
- ☐ Having a hard time concentrating
- ☐ Being “too aware” of what’s going on around you
- ☐ Feeling jumpy
- ☐ Self-destructive behavior, such as drinking too much
- ☐ Hopelessness about the future
- ☐ Memory problems
- ☐ Not enjoying activities you once enjoyed

If PTSD symptoms last for a month or longer and cause you significant distress or impair your ability to function, talk to a healthcare provider immediately.

Unchecked anger can ruin professional relationships and lead to loss of employment. Misguided efforts to cope with unmanageable moods can lead to substance abuse and addictions. Soldiers under the influence of drugs or alcohol will have even less control of angry feelings and could further endanger themselves and others through impaired judgments, loss of inhibitions, and impulsive and/or aggressive acts.

Soldiers who find they are unable to regulate their moods after their deployments should seek help immediately to learn strategies to manage angry responses before negative patterns of behavior become well established and more difficult to change.

Soldiers who develop PTSD can recover from the condition by seeking out appropriate interventions. PTSD need not be a mental illness with a lifelong journey to recovery. There are effective treatments for PTSD that can help Soldiers regain control of their lives.

PTSD treatment often includes both medication and psychotherapy. This combined approach can help improve Soldiers’ symptoms and teach them skills to cope better with the traumatic event and its aftermath.

The psychotherapy treatment can be individual or group or a combination of both. Individual psychotherapy addresses the specific symptoms of PTSD that trouble Sol-

diers. Group therapy is a way to connect with others going through similar experiences.

The treatment of PTSD often incorporates learning anger and stress management skills. Soldiers learn to understand what triggers their anger. They learn to observe how thoughts translate to feelings. Soldiers are often surprised to discover that anger can be addictive and serve to give them a faulty sense of being in control when they feel overwhelmed.

Anger can serve to avoid responsibilities and uncomfortable feelings. Techniques are easily learned and include taking time-outs, communicating assertively rather than aggressively, and practicing deep breathing and other relaxation drills.

If you feel out control, seek assistance immediately. If you commit acts of violence, PTSD is not a good legal defense. You will be held accountable by society regardless of your condition. Do not allow your acts of courage on deployments to be diminished by a lack of courage to get help for symptoms of PTSD when you return home.

You are entitled to emotional health and physical well being. It is your right and duty to feel good again. Demand to be seen and treated appropriately by a behavioral health provider if you experience any of the reactions indicated above. You can be healthy again.

Passing the sword



Photo by *NICHOLE RILEY*

Moncrief Army Community Hospital Command Sgt. Maj. Harry Sharp passes the noncommissioned officer sword to incoming 1st Sgt. Rick Brittain in a Change of Responsibility ceremony last week. Brittain replaces 1st Sgt. Penny Walls.

MACH updates

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations June 19 and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

APPOINTMENT CANCELLATIONS

Please do not miss a scheduled appointment. Every no-show appointment results in a loss of resources and prevents other patients from gaining access to medical care. If you are unable to keep your appointment, call 751-CARE (2273) during normal duty hours (7:30 a.m. to 4 p.m.) and choose option 1. This will send you to a central appointments clerk who will assist you with cancelling your appointment and rescheduling, if needed.

A phone number has been established for

patients wishing to cancel their appointments after duty hours. To cancel your appointment after duty hours, call 751-2904.

NEW PHARMACY LOCATION

The pharmacy is located on the ground floor, and the TRICARE, EFMP and EDIS offices are located on the 10th floor.

TRICARE ONLINE

MACH patients can schedule appointments around the clock by visiting www.tricare.mil.

TRICARE Online is an interactive site that offers Moncrief-enrolled TRICARE Prime beneficiaries who register at the TOL Web site, the ability to book appointments with their Primary Care Managers and receive information on Moncrief clinics and services.

TOL also offers a medication interaction checker, general health and wellness resources, and separate games and health information just for kids.

Get out this summer with FMWR programs

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

"Go outside and play."

How many times did you hear that as a child or say that to your own child?

Now, Family and Morale, Welfare and Recreation is encouraging you to get out and play this summer.

Palmetto Falls Water Park is open and offers a splashing good time all summer. Palmetto Falls Waterpark features a large loopy-loop slide, two speed slides, two gang slides, an 800-meter (half mile) lazy river, a family activity pool with dumping buckets, a lap pool, children's pool with frog slide, toddler pool, a 1,977 square foot spray park with lily pads, a frog, a spray cannon, palm tree and assorted flowers, a snack bar specializing in snow cones. Season passes are available at affordable rates for all ranks.

Marion Street Station offers a variety of classes and trips to keep you busy all summer long. Thinking about a trip to the beach, but not looking forward to the drive or high cost of gas? Leave the driving to MSS and save money too. MSS is offering a trip to Myrtle Beach on Saturday and another to Folly Beach on June 20. Transportation to and from the beach is just \$10.

If you prefer something a little more adrenaline pumping, sign up for one of three white water rafting trips to the National White Water Center. Trips are available June 27, July 25, or Aug. 8. The cost is \$49. For hikers and rock climbers, MSS is heading to Crowder's Mountain Aug. 15. Cost for this trip is \$19.

Can't take a dream vacation to Vegas? Outdoor Rec can't take you to Vegas, but you can take a trip to Harrah's Casino in Cherokee, N.C. MSS will provide the transportation to Harrah's for just \$10. That'll save you some quarters for the slot machines.

Dreaming of hooking the big one? A deep sea fishing trip may be the one for you. MSS has deep sea fishing trips scheduled for June 13, July 18 and Aug. 22. This trip is \$99 and is all inclusive.

If you prefer sightseeing and shopping, MSS is providing transportation for day trips to Asheville, N.C. June 6, Charleston on July 11, and Charlotte on Aug. 1. Each trip is just \$10.

Take a little time this summer to learn a new skill. Learn to Kayak for \$19. Classes are offered June 17, July 15 and Aug. 19. Each class is \$19.

Victory Travel can help you plan your summer get-away. Active and retired military members can obtain complimentary five-day Disney's Armed Forces Salute ticket. Activated National Guard and Reservists with orders showing active status after Jan. 1, 2008, and active or retired members of the Coast Guard are eligible for this offer. This ticket is only available at Victory Travel for \$96.

Victory Travel also has a special offer from Universal Orlando Resort. Get tickets to two fun-filled parks — Islands of Adventure and Universal Studios. Universal is offering one free two-park unlimited admission ticket valid for Active Duty (includes Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reservists) or retired military service members with valid military photo ID.

Universal Resort Orlando is also offering a specially-discounted two-park unlimited admission tickets valid for family and friends.

Tickets can be purchased by active duty and retired military service members or dependents with valid ID. Some restrictions apply.

For more information on these offers and other offers from Victory Travel, visit the Web site at <http://fortjacksonmwr.com/travel/>. Click on the links on the right side of the page.

FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m.-1:30 p.m. for specials or the buffet.
- ☐ Guest day at the Fort Jackson Golf Club.

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m, Officers' Club.
- ☐ Couples Tournament, 2 p.m., Fort Jackson Golf Club.
- ☐ Free movie: Tim Burton's Coraline, 4 p.m., Solomon Center.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

TUESDAY

- ☐ Relocation Assistance Coordinating Committee meeting, 10-11 a.m., Building 5450, Room 213.

WEDNESDAY

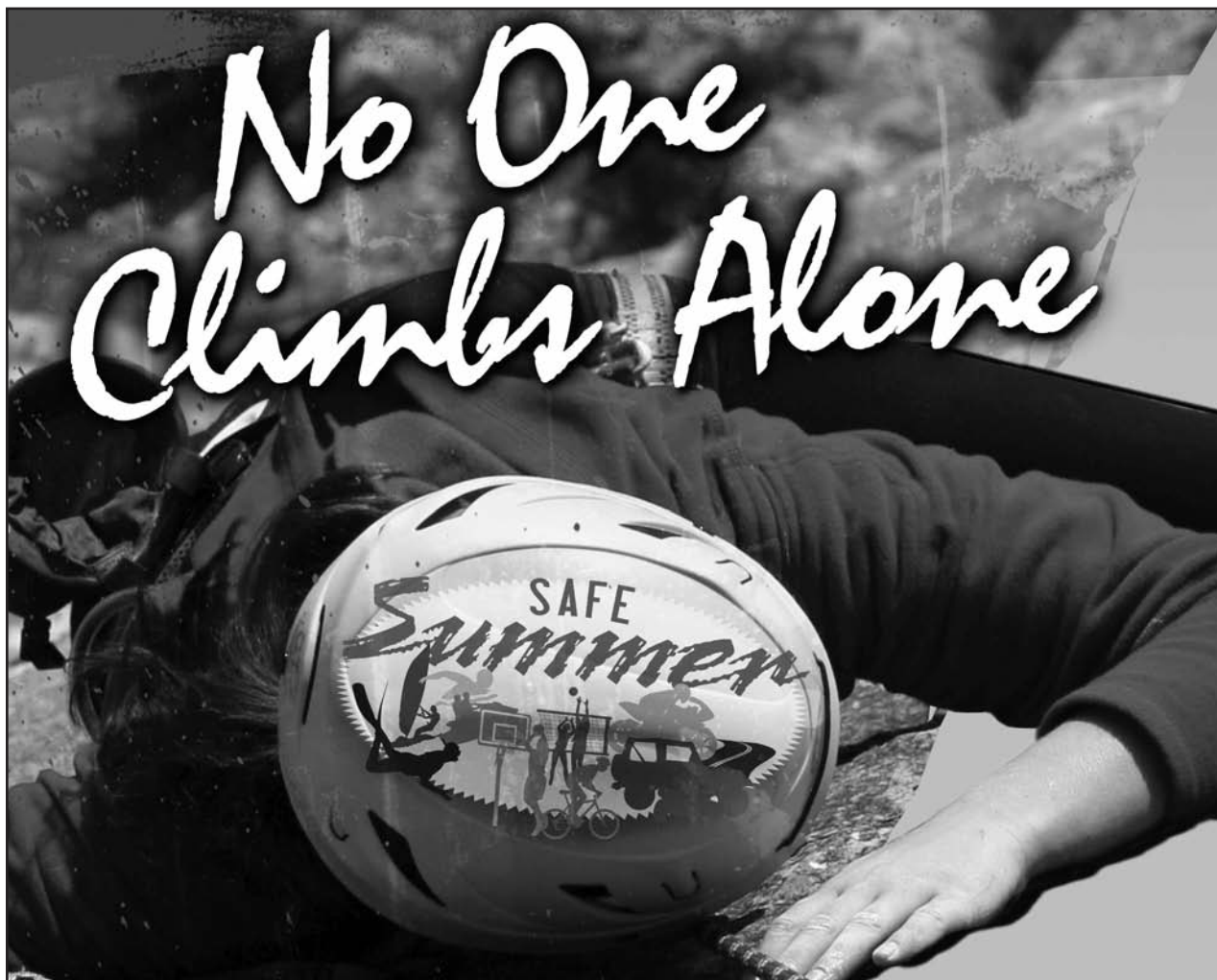
- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.

ANNOUNCEMENTS

- ☐ New passport requirements take effect Monday. For more information about the new requirements, visit www.fortjacksonmwr.com/travel.

ONGOING OFFERS

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for most hotels. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is installation number 164.1.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.



Divorcing couples must know the law

By **CAPT. JOHN BATEMAN**
Legal Assistance Attorney

Separation and divorce are uncomfortable realities for some military members and their families. South Carolina's divorce requirements can present unexpected difficulties that add to an already tumultuous experience.

In some jurisdictions, a legal separation is a tool used to formalize the separation of a husband and wife. The legal separation is frequently sought as a precursor to divorce proceedings. In some jurisdictions, a legal separation may even be a requirement in order to institute divorce proceedings.

A service member from a jurisdiction that recognizes legal separations might be surprised to find that no such institution exists in South Carolina. For a no-fault divorce, South Carolina courts require that a husband and wife live separate and apart for one year before the divorce proceeding. That is, the husband and wife must live in separate residences. Simply sleeping in separate bedrooms will not fulfill the requirement.

Couples seeking a divorce should take

care, however. Resuming marital relations can restart the required one-year separation period. Perhaps the couple has reconciled their differences and no longer wants to pursue the divorce. Alternatively, the couple still wants the divorce but must now wait another year to get one.

Although South Carolina does not recognize legal separations, the state does recognize separation agreements. A separation agreement is an agreement between the husband and wife who may provide terms relating to temporary child custody, spousal support or division of property.

Separation agreements can be informal. A couple can write out and sign an agreement that the husband has the children during the school week while the wife takes the children on weekends.

While an informal agreement can effectively settle some matters between spouses,

many separating couples find that one or the other partner is either unwilling or unable to keep to the terms of the agreement. An informal agreement offers the aggrieved spouse limited avenues for redress. The aggrieved spouse must generally retain civilian counsel and institute a civil suit for breach of contract. This is a costly and time-consuming avenue for enforcement.

As an alternative to an informal separation agreement, a separating couple can retain an attorney to draft a separation agreement and present it to the court. The agreement will then become part of a temporary court order.

If one party is unwilling to keep to the terms of the court order, that person can be charged with contempt of court. This is a more effective enforcement mechanism than would be available under an informal separation agreement.

A separating couple unable to agree to terms for a separation agreement may re-

tain civilian counsel and bring an action for "separate maintenance and support." This action will result in a court order settling issues such as spousal support, child support, and sometimes, the division of marital property.

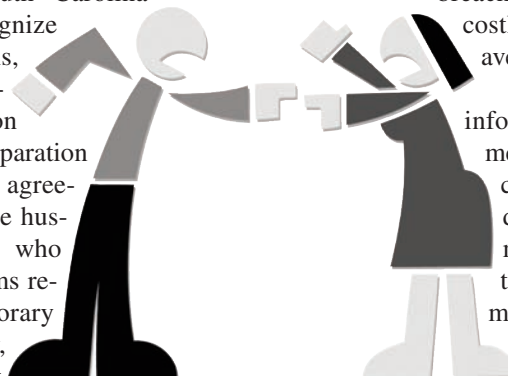
While the couple decides these issues in a separation agreement, in an action for "separate maintenance and support," the court is the decision maker.

Legal assistance attorneys cannot represent you in court, but can review documents with you, and if necessary refer you to civilian attorneys who can represent you.

The legal assistance office can only see one party to a divorce. The other party must speak with a different legal assistance office or a civilian attorney.

The legal assistance office is located at 9475 Kershaw Road at the corner of Kershaw and Kemper. Appointments are necessary for family law matters such as divorce or separation.

For more information, call 751-4287.



Effective inspection program sign of a capable unit

By **SGT. 1ST CLASS LATARNYA WHITMIRE**
Assistant Inspector General

Inspections are a command responsibility and the Organizational Inspection Program is the commander's program to manage all inspections within the command, per AR 1-201, Army Inspection Policy.

The OIP is a comprehensive, written plan that addresses all inspections and audits conducted by the command and its subordinate elements as well as those inspections and audits scheduled by outside agencies.

The purpose of the OIP is to coordinate inspections and audits into a single, cohesive program focused on command objectives. Depending upon the echelon and type of organization, the OIP will comprise command inspections, staff inspections, IG inspections (including intelligence oversight inspections), SAVs, audits, certifications, and external inspections.

An effective OIP allows a commander to use these inspections to identify, prevent, or eliminate problem areas within the command. Commanders should also use the OIP to complement and reinforce other sources of evaluation information when determining or assessing readiness.

The OIP must include the command's priorities and goals, explain the mechanism for scheduling and executing inspections, assign responsibility for scheduling and monitoring inspections, provide standards for inspectors, and discuss a way to track feedback and corrective action.

Battalion level OIPs include command inspections by the battalion commander and staff inspections or SAVs by the battalion staff. The battalion commander must add visits and inspections by higher headquarters and agencies to the OIP.

The battalion OIP forms the basic building block for inspections and the OIP of higher commands must complement the battalion-level programs. The battalion OIP will

focus on those areas that immediately impact on readiness and reinforce goals and standards.

Brigade level OIPs include command inspections, staff inspections, and SAVs. The brigade OIP can focus on units or functional areas, or both. At a minimum, the brigade OIP will include guidance on command inspections of the brigade headquarters and headquarters company, staff inspections, and SAVs.

Each command should have an OIP Coordinator who is in charge of developing, coordinating and monitoring the OIP.

The OIP Coordinator normally comes from the operations staff section (S-3) but can also be an executive officer (at the battalion and brigade level). The OIP Coordinator does not actually lead or conduct the inspections but ensures the continuous execution and scheduling of the inspections.

For more information on the OIP, contact the IG Inspections Branch at 751-1921.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief



CASES OF THE WEEK

❑ A Soldier sustained facial injuries during a fistfight with another Soldier in their unit area, Military Police said. The injured Soldier was treated at Moncrief Army Community Hospital. Both Soldiers were charged with assault.

❑ A civilian was issued a post bar letter after being arrested for loitering and panhandling in the MACH parking lot, MPs said. Authorities also confiscated the civilian's military ID card and removed the DoD decal from her car.

TIP OF THE WEEK

Everyone experienced delays at the gate at the most inopportune time; and it is frustrating.

More than 40,000 cars enter and exit Fort Jackson's gates daily. The design and location of the gates do not necessarily aid in the movement of traffic.

However, everyone can help improve the process of entering Fort Jackson.

If your trip onto the installation is optional, select non-peak times to enter the in-

stallation. Mornings, lunch time and Thursdays (family days) and Fridays (graduation days) are always busy times at the gates.

Those who must enter the installation during these peak times or any other time, can help speed entry onto the installation.

— Have your identification card ready to hand to the security guard.

— Roll down your windows completely. If the rear windows are tinted, roll down the left rear passenger side window as well.

— Don't talk on your cell phone and turn your car radio off.

— If the vehicle does not have a DoD decal, ensure that you enter the visitor's sign-in lane as soon as possible and have the registration, insurance card and driver's license ready to hand to the security guard.

— The most important thing everyone can do to make entering the installation more pleasant is to have a positive attitude. Everyone is a hurry and wants to get to his or her destination as soon as possible. A little courtesy can go a long way to move things along.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK



TEAMWORK
In OPSEC, you ARE your brother's keeper!

CONTACTING THE LEADER

❑ To submit an article, announcement or letter to the editor, e-mail FJLeader@conus.army.mil.

Turning struggles into sweet memories

By CHAPLAIN (MAJ.) CAROL HIGHSMITH
120th Adjutant General Battalion (Reception)

Think about this: Today’s difficulties may become tomorrow’s sweetest memories.

I was reminded of this just the other day when my family and I were having dinner together. My husband, David, and I are parents to two adult sons, Brian and Eric, and because of our college and work responsibilities, all four of us are rarely together in one place at the same time.

As we munched on our nachos and gobbled down our hamburgers, we talked and reminisced and laughed away

the hours. Moments like these are priceless. And what do you think we spent our time laughing about? Times of long ago when the boys were mischievous and prone to irritating Mom and Dad.

As I look back at those stressful times, it seems as though David and I anguished over things that don’t really matter. In retrospect, we fretted too much over such things as spilled milk, loud music and low grades.

Although these things can make days difficult for parents, these are also elements of life that can pull families together.

In the Bible we read, “Consider it all joy, when you en-

counter various trials, knowing that the testing of your faith produces endurance, and let endurance have its perfect result, that you may be perfect and complete, lacking in nothing.” (James 1:2-4)

This passage is a good reminder that God does not waste trials or parental irritations. Instead, God will do a good and perfect work in our lives if we submit to his authority.

And just as this is true for you and me, I believe it is also true for our families.

With the passage of time, God can use today’s difficulties and transform them into tomorrow’s sweet memories.



Protestant

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY
■ Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
- Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL
■ Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
■ Sunday
5 p.m. Main Post Chapel

Catholic
■ Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian
■ Sunday
8 a.m. Memorial Chapel

Islamic
■ Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
■ Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish
■ Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ
■ Sunday
11:30 a.m. Anderson Street Chapel

Latter Day Saints

- Sunday
9:30 a.m. Anderson Street Chapel

Addresses, phone numbers

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050